

## Abstract of the Disclosure

A method and apparatus are provided for exercising a hand. A doughnut-shaped elastomer is provided. The elastomer is held with the bottom portion nested in the bottom of the palm of the hand and with the top portion gripped by the four fingers of the hand. As the fingers squeeze the elastomer, the top portion of the elastomer rolls or twists while the bottom portion of the elastomer remains stationary in the palm of the hand. The twisting of the top portion causes the elastomer to bow or arch into the hand, supporting the hand and generating a comfortable sensation in the hand while the elastomer is compressed with the fingers.